


Vegetarian Chili

 Cooking time: 25 minutes
HACCP Process #2 Same Day Service



1 Serving Provides:

CACFP: 0.5 ounce Meat/Meat Alternate, $\frac{3}{4}$ cup Vegetables
NSLP: 0.5 ounce Meat/Meat Alternate, $\frac{1}{4}$ cup Red/Orange Vegetables,
 $\frac{3}{8}$ cup Other Vegetable, $\frac{1}{8}$ cup Additional Vegetables
SFSP: 0.5 ounce Meat/Meat Alternate, $\frac{3}{4}$ cup Vegetables

Ingredients	8 Servings		16 Servings	
	Weight	Measure	Weight	Measure
Vegetable oil		2 teaspoons		1 Tablespoon + 1 teaspoon
Onion, chopped	8.5 ounces	2 cups	1 pound 1 ounce	1 quart
Green bell pepper, chopped	6 ounces	1½ cups	12 ounces	3 cups
Fresh mushrooms, chopped	5 ounces	2 cups	10 ounces	1 quart
Corn, frozen or canned, drained	4.7 ounces	1 cup	9.4 ounces	2 cups
Low sodium pinto beans, canned, with liquid	15 ounces	1¾ cups	1 pound 14 ounces	3½ cups
Tomato sauce	8 ounces		1 pound	
Canned diced tomatoes	15 ounces	1¾ cups	1 pound 14 ounces	3½ cups
Bulgur, cooked	2.5 ounces	½ cup	5 ounces	1 cup
Water		½ cup		1 cup
Dried oregano		1 teaspoon		2 teaspoons
Ground cumin		1 teaspoon		2 teaspoons
Chili powder		1 teaspoon		2 teaspoons
Salt		1 teaspoon		2 teaspoons
Garlic powder		½ teaspoon		1 teaspoon
Reduced fat cheddar cheese, grated	4 ounces	1 cup	8 ounces	2 cups



continues

Vegetarian Chili, continued

Directions

1. Heat oil in a large soup pan over medium-high heat. Add the onion, pepper, and mushrooms and saute until tender, 6–8 minutes.
2. Add the remaining ingredients except the cheese. Bring to a boil and reduce heat to a simmer. Cook, covered, until bulgur is soft, about 10–15 minutes.

CCP: Heat to 165°F or higher for at least 15 seconds.

CCP: Hold for hot service at 135°F or higher.

Serve 1 cup portions using an 8-ounce ladle or spoodle. Garnish each portion with 2 tablespoons grated cheddar cheese.

Serving	Yield	Volume
1 cup	8 servings, about 4 pounds 16 servings, about 8 pounds	8 servings, about 2 quarts 16 servings, about 4 quarts

Nutrients Per Serving					
Calories	139	Sodium	546 mg	Vitamin A	451 IU
Total Fat	2.7 g	Carbohydrate	23 g	Vitamin C	34 mg
Saturated Fat	1 g	Dietary Fiber	5 g	Iron	2 mg
Cholesterol	3 mg	Protein	8.7 g	Calcium	116 mg